

# The Goddard Dance Club News

November 2004 News

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## Ballroom Dancing Helps Prevent Dementia

April 2, 2004 – Wilmington, DE – The United States Amateur Ballroom Dancers Association (USABDA) invites your attention to the results of the Einstein Aging Study, summarized in the June 19, 2003 New England Journal of Medicine. The results of the study indicate that ballroom dancing helps prevent dementia.

In the study, a group of 469 men and women were studied between the years 1980 and 2001. Each member of the group gave details about how often they participated in six brain stimulating hobbies; reading, writing for pleasure, doing crosswords, playing musical instruments, taking part in group discussions and playing board games and 11 physical activities including: ballroom dancing, team sports, swimming and bicycling.

The research team developed a scale to assess frequency of activities each week. For each beneficial activity, the risk reduction was related to how often it was performed. For example, people who did crosswords four days a week had a 47% lower risk of dementia than people who only did puzzles once a week. During the course of the study, 124 people developed dementia, 61 developed Alzheimer's disease, 30 vascular dementia (strokes), 25-mixed dementia and eight had other types of dementia.

The researchers found that people who took part in intellectually stimulating hobbies such as reading, playing board games or instruments demonstrated a reduced risk of dementia. The researchers found no significant association between physical activities and the risk of dementia – except for ballroom dancing. The amazing 76% risk reduction from frequent participation in ballroom dancing by 130 avid dancers was the highest score of all hobbies and physical activities measured in the study.

Dr. Joe Verghese, assistant professor of neurology at Albert Einstein College of Medicine of Yeshiva University, New York, offered the theory that the requirements of ballroom dancing: remembering the steps, moving in precise time to the music and adapting to the movements of one's partner – are mentally demanding exercises. Therefore ballroom dancing offers both physical and mental stimulation.

To read more about this subject visit the United States Amateur Ballroom Dancers Association:

[http://www.usabda.org/press\\_center/press\\_releases/latest\\_releases/2944/index.cfm](http://www.usabda.org/press_center/press_releases/latest_releases/2944/index.cfm)

## Special Events

Our Holiday Dinner Dance will be December 4, 2004 and will feature music by Tony Luciano. The cost for this catered dinner will be \$35 for members (\$40 for non-members). You MUST prepay by Saturday, November 20, 2004. Because the Holiday Dance is catered, all monies must be received no later than November 20th in order to attend the dance. Please make checks payable to the Goddard Dance Club.

Just added to the schedule for 2004. The Goddard Dance Club will offer a New Year's Eve Pot Luck Dance on December 31, 2004. The cost for this dance will be \$10 for members (\$15 for non-members) plus \$10 additional if you do not wish to bring a dish. Contact Kate Perrie (h) 410-757-1185, [kate.perrie2@comcast.net](mailto:kate.perrie2@comcast.net)

## Special Events 2005

Pot Luck dances for 2005 will be held on first and third Saturdays each month (except December) from 7:00 to 10:00 PM. Here is a list of upcoming dances:

January 15, February 5, February 19, March 5, March 19, April 2, April 16, May 7, May 21, June 4, June 18, July 2, July 16, August 6, August 20

Feel free to invite guests. Everyone is welcome. However, please make sure that everyone you invite is included on the guest list. To pass Goddard security, members and guests must be U. S. citizens and a picture ID is required. Contact Kate Perrie (h) 410-757-1185, [kate.perrie2@comcast.net](mailto:kate.perrie2@comcast.net) or Martha O'Bryan (h) 301-574-3349, (w) 301-286-1412, [martha.obryan@gsfc.nasa.gov](mailto:martha.obryan@gsfc.nasa.gov). The guest list will be submitted to Goddard Security on the Tuesday before the event. Unfortunately, we will not be able to add any names to the list once the list is submitted to the Security office, so please make sure to contact Kate Perrie by the Tuesday prior to the event.

## Club Officer Elections

Nominations for 2005 Goddard Dance Club officers are now being accepted. If you know of anyone who would like to run for any of the club officer positions, please contact the Goddard Dance Club Nominating Committee Chairman, Paul McCeney 301-286-6499 by November 30, 2004.

Eligible members will receive a voting package in the mail. Voting for Club Officers can be done by mail or by casting your votes at dance classes in December 2004. All votes will be tallied by Goddard Dance Club Nominating Committee Chairman, Paul McCeney. Eligible voters include all badged GSFC employees (government and contractor) and their spouses.

## Events Around Town

- ? Goddard Dance Club, Goddard Space Flight Center, Building 8 Auditorium, dances for 2004 are listed on page one of this newsletter. Contact Martha O'Bryan 301-286-1412 or 301-574-3349, or contact John Barker 301-614-6610 or 301-431-2626, or visit our club web sites (Goddard internal web site and Goddard Dance Club instructors public access web site) <http://gewa.gsfc.nasa.gov/clubs/dance/goddard.htm> or <http://www.chipatwood.com>
- ? Davidsonville Dance Club, Davidsonville, Maryland. Ballroom dancing on 2nd & 4th Saturdays, Contact Curt Barrett 410 326-1668.
- ? Wheaton Ballroom Dance Club, Saturday night dances with live bands, 8:30 to 12:30 PM. Contact Ralph Krause 301-530-4790.
- ? Hollywood Ballroom, Silver Spring Maryland. Ballroom dancing on Sunday, Wednesday, Friday, & Saturday. Call 301-622-5494 or <http://www.hollywoodballroom.com/>.
- ? The Promenade Baltimore's Premier Dancesport Facility, 2605 Lord Baltimore Drive, Suites L-P, Baltimore Maryland, 410-277-0234, <http://www.mddancesport.com/>
- ? Special Dance Weekends are offered several times per year. For more information and for brochures contact Shirley Gamber [spgamber@starpower.net](mailto:spgamber@starpower.net).

Visit the Goddard Dance Club web sites at  
<http://gewa.gsfc.nasa.gov/clubs/dance/goddard.htm>  
<http://www.chipatwood.com>

## Goddard Closing Status Codes

To find out the Goddard Space Flight Center's current status call 301-286-news (that would be 301-286-6397). **Unless otherwise noted, the Center stands at Code Green status (center is open - normal operation).** The only time dance club events will be canceled will be if the center is in CODE RED status.

If you wish to be removed from this mailing list please email a Club officer or respond to:

Goddard Dance Club  
 PO Box 173  
 Glenn Dale, MD 20769

## Club Officers & Officials for 2004

President	John Barker	(h) 301-431-2626 (w) 301-614-6610 <a href="mailto:barkers@earthlink.net">barkers@earthlink.net</a> <a href="mailto:John.L.Barker@nasa.gov">John.L.Barker@nasa.gov</a>
Vice President	Martha O'Bryan	(h) 301-574-3349 (w) 301-286-1412 <a href="mailto:martha.obryan@gsfc.nasa.gov">martha.obryan@gsfc.nasa.gov</a> <a href="mailto:MarkandorMartha@yahoo.com">MarkandorMartha@yahoo.com</a>
Secretary	Ed Gaddy	(h) 301-390-5115 (w) 301-286-1338 <a href="mailto:Edward.M.Gaddy@nasa.gov">Edward.M.Gaddy@nasa.gov</a> <a href="mailto:egaddy@comcast.net">egaddy@comcast.net</a>
Treasurer	Ron Ghosh	(c) 301-351-1390 (w) 240-228-0526 <a href="mailto:ron.ghosh@jhuapl.edu">ron.ghosh@jhuapl.edu</a> <a href="mailto:ron.ghosh@adelphia.net">ron.ghosh@adelphia.net</a>
Membership Database Administrator	David Morris	(h) 301-725-6185 (w) 301-688-3377 <a href="mailto:beefriend@aol.com">beefriend@aol.com</a>
Newsletter Editor	Martha O'Bryan	(as above)
Web Site Curator	Martha O'Bryan	(as above)
Special Events Committee Chair	Kate Perrie	(h) 410-757-1185 <a href="mailto:kate.perrie2@comcast.net">kate.perrie2@comcast.net</a>
Special Events Committee Co-Chair	Billie Byard	(w) 301-429-2581, (h) 410-757-9433 <a href="mailto:bbyard@qssgroupinc.com">bbyard@qssgroupinc.com</a> or <a href="mailto:billiebyard@comcast.net">billiebyard@comcast.net</a>
Parliamentarian	Paul McCeney	(w) 301-286-6499 <a href="mailto:Paul.J.McCeney@nasa.gov">Paul.J.McCeney@nasa.gov</a>

GDC Board Meetings are scheduled quarterly. The next board meeting will be Tuesday, November 9, 2004, 6:00 p.m. in Building 20, upstairs conference room, followed by dinner at a local restaurant at about 8 PM. All members are encouraged to attend or contact your class rep if you have suggestions for improving the activities offered by the dance club.

### People are needed for:

- Membership
- Newsletter
- Special Events Committee Volunteers (volunteer per event)\*
  - Help set-up the ballroom at 5:45 PM
  - Monitor supplies of beverages and snacks
  - Help with clean-up at 10:00 PM (approx. 20 minutes)

\* The more volunteers we have helping out, the quicker we get everything accomplished. Call Kate Perrie, John Barker or Martha O'Bryan (phone numbers provided above) if you would like to volunteer.

### Goddard Dance Club Policies

Membership is open to current, former, and retired NASA/Goddard civil servants and contractors; their guests; and former members of the club. Guests must be U.S. citizens. Membership is required to register for dance classes. Dues are \$10/year.

This is a volunteer club. Members are asked to arrive early to remove chairs and tables from the floor, and/or stay afterwards to put chairs and tables back in place for official work at NASA. If you are physically unable to do this, please speak to the Class Rep about volunteering to help in some other way.

The club reserves the right to cancel any class with fewer than 14 students. In the event of inclement weather, call 301-286-NEWS to determine if the Center has been closed.

## **Goddard Dance Club Classes with Chip Atwood**

### **All Classes in Building 8 Auditorium**

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#### **Basic Ballroom Class**

2-Month Wednesday series, November 3 to December 29, 2004 featuring Foxtrot and Cha Cha

Next Series: Wednesday, January 5 to February 23, 2005

Other dances include Salsa, Waltz, Swing, Rumba, Hustle, Mambo, Merengue, Tango, etc. as requested by participants

Rep.: Sam Floyd (w) 301-286-1683, Samuel.R.Floyd@nasa.gov

Asst. Rep.: Billie Byard, (w) 301-429-2581, (h) 410-757-9433, bbyard@qssgroupinc.com or billiebyard@comcast.net

7:30 – 9:30 Wednesday, Building 8 Auditorium

\$60 per person for 2 hours for 2-Month series

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#### **Intermediate-I Ballroom Class**

2-Month Monday series Nov. 1 to Dec. 27, 2004

Next Series: January 3 to February 28, 2005

7:30 – 8:30 Monday, Building 8 Auditorium

\$40 per person for series (Intermediate I only)

\$60 per person for both Intermediate-I and Intermediate-II per 2-Month series

Rep.: Ed Gaddy (w) 301-286-1338, (h) 301-390-5115, Edward.M.Gaddy@nasa.gov; egaddy@comcast.net

#### **Intermediate-II Ballroom Class**

2-Month Monday series Nov. 1 to Dec. 27, 2004

Next Series: January 3 to February 28, 2005

8:30 – 9:30 Monday, Building 8 Auditorium

\$40 per person for series (Intermediate II only)

<b>Monday</b>	<b>November</b>	<b>December</b>	<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>
<b>7:30</b>	Cha Cha	West Coast Swing	Mambo	Swing	Waltz	Hustle
<b>8:30</b>	Bossa Nova	Cha Cha	West Coast Swing	Mambo	Swing	Waltz

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#### **Sunday Night Ballroom Practice and Dance Variations Class**

Sunday class instruction will include all levels of dancers

Sunday class will start with beginning material and include some intermediate material later in the class

2-Month Sunday series, November 7 to December 26, 2004

Next Series: 2-Month series January 2 to February 27, 2005

##### **Classes feature:**

11/7/2004 Review Disco

12/5/2004 Mambo

11/14/2004 Triple Swing

12/12/2004 Mambo

11/21/2004 Triple Swing

12/19/2004 Rev Triple Sw

11/28/2004 Rev Fox Trot

12/26/2004 Merengue

Dance Variations Class 6:00-7:00 PM

Dance Practice 7:00 –9:00 PM

Rep.: John Barker, (h) 301-431-2626, (w) 301-614-6610, barkers@earthlink.net, John.L.Barker@nasa.gov

Asst. Rep.: Kathy Bennett, (h) 410-923-6778, KBenn26@aol.com

\$60 per 2-Month Class and/or Practice

For badged GSFC employee or member of another class (50% discount) \$30 per 2-Month  
\$10 Single Night Class and/or Practice (\$50% discount for badged GSFC employee - \$5 Single Night)

2-Hour Practice discounted prices for members taking other Goddard Dance Club dance classes:

\$30 for 2-Month Series and \$5/night for 7-9 Sunday Practice

**For more information visit: <http://gewa.gsfc.nasa.gov/clubs/dance/goddard.htm>**  
**Or visit: <http://www.chipatwood.com>**

## Goddard Dance Club 2004 Membership Form

Name (print) \_\_\_\_\_ 2004 Card # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Home Email \_\_\_\_\_

Work Email \_\_\_\_\_

Goddard Mail Code \_\_\_\_\_ On-Site at Goddard (Yes or No) \_\_\_\_\_

☐ Check if you would like a hardcopy of Newsletter in addition to an email copy

☐ Check if this form is for correction of information in Membership Database

Type of Membership (Check only one; members must be U. S. citizens)

\_\_\_ A NASA or Goddard Civil Servant

\_\_\_ AF Family Member of NASA or Goddard Civil Servant

\_\_\_ B Retired NASA or Goddard Civil Servant

\_\_\_ BF Family Member of Retired NASA or Goddard Civil Servant

\_\_\_ C On-Site Contractor (Minimum of 20 hrs/wk on a GSFC Contract and on "LISTS")

\_\_\_ CF Family Member of Current On-Site Contractor

\_\_\_ D Off-Site Contractor (Minimum of 20 hrs/wk on a GSFC Contract and on "LISTS")

\_\_\_ DF Family Member of Current Off-Site Contractor

\_\_\_ E Guest of \_\_\_\_\_ (name of member)

\_\_\_ F Guest Member Renewal: Last year of Membership was \_\_\_\_\_

\_\_\_ G Single Night Guest of \_\_\_\_\_ (name of member)

Goddard Dance Club Membership is required to take classes: \$10 per year

☐ Paid by check to the "Goddard Dance Club"

☐ Paid by cash

☐ My partner's payment includes my membership fee. Partner's name: \_\_\_\_\_

I, the undersigned, waive all rights and claims for damages that I may have against the Goddard Dance Club or instructors. Furthermore, I understand this is a volunteer Club and my use of government facilities is conditional upon my assisting in preparing the room for dancing and returning it to an appropriate state when required, unless I have arranged with the Class Rep to assist in some other way.

Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by mail, send this form and check to:

Goddard Dance Club, ATTN: Treasurer Ron Ghosh  
PO Box 173, Glen Dale, MD 20769



# *Two Great Dances For The 2004 Holiday Season!*

Saturday, December 4th

## **Holiday Dinner Dance**

(Catered Dinner Featuring Live Music)

Time: 7:00-11:00 p.m.

Music by Tony Luciano and Band

Cost for GDC Members: \$35.00 per person

Cost for non-Members: \$40.00 per person

Note: Must be paid no later than Saturday,  
November 20, 2004.



Friday, December 31st

## **New Year's Eve Pot Luck Dinner Dance**

Time: 8:30 p.m. to 12:30 a.m.

Chip Atwood Music played by Mark Hanak

Cost for GDC Members: \$10 per person with a dish, \$20 per person  
without a dish

Cost for non-Members: \$15 per person with a dish, \$25 per person  
without a dish

Note: Must be listed on the guest list no later than Tuesday,  
December 28, 2004.

Call or email Kate Perrie [kate.perrie2@comcast.net](mailto:kate.perrie2@comcast.net), 410-757-1185  
Attendance will be limited – make your reservations early!

Because the Holiday Dance is catered, all monies **MUST** be received no later than November 20th in order to attend the dance. Please make checks payable to the Goddard Dance Club.

For the New Year's Eve Pot Luck Dinner Dance attendees may pay at the door as usual. For the pot luck dinner dances, we'd like to encourage everyone to bring a dish so that there is enough food for the evening. Please **DO NOT** bring soft drinks and other beverages; the dance club provides beverages for the dinner dances. And remember, each dish (whether appetizer, main course, vegetable course or dessert) should feed at least 10-12 people.

For more information visit:  
<http://gewa.gsfc.nasa.gov/clubs/dance/goddard.htm>